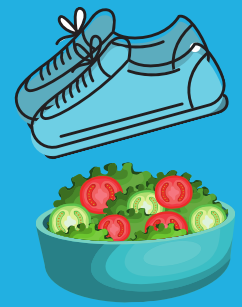




WorkWell DIGITAL

January - March CALENDAR



SUNDAY

● **Vinyasa Yoga**
10:30am-11:15am
INSTRUCTOR: Carmen
REGISTER HERE →

MONDAY

● **Yoga**
6:30am-7:15am
INSTRUCTOR: Katrin
REGISTER HERE →

● **Chair Yoga**
12:00pm-12:20pm
INSTRUCTOR: Michelle
REGISTER HERE →

● **Zumba**
6:00pm-6:45pm
INSTRUCTOR: Ilana
REGISTER HERE →

● **Evening Meditation**
6:45pm-7:05pm
INSTRUCTOR: Shalyni
REGISTER HERE →

● **Boxing**
7:15pm-8:00pm
INSTRUCTOR: Rachael
REGISTER HERE →

TUESDAY

● **Pilates**
6:30am-7:15am
INSTRUCTOR: Katrin
REGISTER HERE →

● **Afternoon Meditation**
12:00pm-12:20pm
INSTRUCTOR: Shalyni
REGISTER HERE →

● **"Take It Back Tuesday" Dance Fitness**
5:15pm-6:00pm
INSTRUCTOR: Julia
REGISTER HERE →

● **Pilates**
6:15pm-7:00pm
INSTRUCTOR: Tara
REGISTER HERE →

● **Qi Gong**
6:30pm-6:50pm
INSTRUCTOR: Tasha
REGISTER HERE →

WEDNESDAY

● **Yoga**
6:30am-7:15am
INSTRUCTOR: Katrin
REGISTER HERE →

● **Toning & Conditioning**
12:00pm-12:30pm
INSTRUCTOR: Michelle
REGISTER HERE →

● **Afternoon Meditation**
1:00pm-1:20pm
INSTRUCTOR: Kristin
REGISTER HERE →

● **Soca**
6:00pm-6:45pm
INSTRUCTOR: Amina
REGISTER HERE →

● **HIIT**
7:15pm-8:00pm
INSTRUCTOR: Melissa
REGISTER HERE →

THURSDAY

● **Afternoon Meditation**
12:00pm-12:20pm
INSTRUCTOR: Kristin
REGISTER HERE →

● **DESKercise**
12:00pm-12:25pm
INSTRUCTOR: Melissa
REGISTER HERE →

● **Dance Cardio**
6:00pm-6:45pm
INSTRUCTOR: Julia
REGISTER HERE →

● **Evening Yoga**
6:30pm-7:15pm
INSTRUCTOR: Carmen
REGISTER HERE →

● **Kickboxing**
7:15pm-8:00pm
INSTRUCTOR: Victor
REGISTER HERE →

FRIDAY

● **Yoga**
6:30am-7:15am
INSTRUCTOR: Katrin
REGISTER HERE →

KEY: Classes begin on January 3rd. Classes will not be held on 01/17 and 02/21.

- Move More
- Be Well

Zoom password: workwell

Visit on.nyc.gov/upcomingevents for more information about upcoming classes and programs.





CLASS DESCRIPTIONS

● CHAIR YOGA

A gentle form of yoga practiced seated on a chair or standing on the ground using a chair for support.

● MEDITATION

Utilizing breath work and awareness building, participants learn how to use meditation as part of their mindfulness practice to release stress, tension, and find feelings of emotional calm.

● QI GONG

Qi gong is a traditional Chinese practice that focuses on cultivating the flow of one's qi, or energy. This is done through a series of low impact movements combined with the flow of one's breath to achieve a meditative state.

● YOGA

Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

● BOXING

A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength.

● DANCE CARDIO

Aerobic activity featuring combinations of dance moves set to music. Have fun while building strength and endurance.

● DESKERCISE

A combination of seated cardio movements, as well as body strength movements, to help tone and sculpt your body.

● HIIT

HIIT stands for "high intensity interval training". A workout that features short periods of intense cardio activity followed by periods of rest.

● KICKBOXING

A standing combat sport based on kicking and punching for total body fitness.

● PILATES

A low-impact exercise designed to improve core strength, postural alignment, and flexibility.

● "TAKE IT BACK TUESDAY" DANCE FITNESS

Aerobic routines featuring combinations of dance moves set to music from the 90s and 2000s.

● TONING + CONDITIONING

Exercises designed to build definition, shape and strength in the muscles.

● SOCA FITNESS

A Caribbean Carnival-style dance workout for the whole body, to build stamina and strength.

● ZUMBA

An aerobic fitness program inspired by Latin and international music and dance moves. Routines incorporate combinations of fast and slow rhythms to improve cardiovascular health.